Grilled Chicken

Chicken breasts and thighs can be grilled on the indoor tabletop grill. Legs do not grill as easily as thinner slices. It takes a long time to be sure they are done. On an outdoor grill, there is a risk that they may not be fully cooked. However, slightly pink (near the leg bone) grilled chicken can still be safe to eat. Use a meat thermometer to verify grilled chicken is completely cooked. Chicken can be grilled in an open pan, or in packets. Individual packets allow an additional option of individualizing a meal, especially helpful for those with allergies.

Pre Cook Preparation:

Marinate: Yes

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Barbecue Sauce (gluten, tomatoes)
- Butter (lactose)
- Chicken
- Italian Dressing (gluten, spices)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:
Butter
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: ** Grill packet.
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Individual pieces of chicken

Vegetables:
15 ounces of baked beans (see grill recipe)
4 baked potatoes
4 corn on the cob

Other ingredients:
Dash of salt
1 tablespoon of butter
Spices, such as pepper, to taste
Optional: Choose one of the following:
1 tablespoon barbecue sauce
1 tablespoon mushroom sauce
1 tablespoon Italian dressing

Preparation time: 10 minutes

Preparation:

This recipe is going to vary based on individual tastes. Choose only one of the optional ingredients to add flavor to the individual piece of chicken.

1. Prepare the grill packet.
2. Add a piece of chicken to each grill packet.
3. Add a dash of salt and piece of butter to each grill packet.
4. Add one optional ingredient to each grill packet, if desired.
5. Close packet and prepare it for the grill.

Cook Temperature: Grill

Cook Time: Varies based on grill, about 20 minutes average

Servings: 1 grill packet per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.